

Citruschicken65

Number of Servings: 65 (106.37 g per serving)

Amount	Measure	Ingredient
1 3/4	cup	Juice, pineapple, unswtnd, w/o add vit C, cnd
1 1/8	cup	Sauce, soy, light
11 1/2	Tbs	Honey, amber
11 1/2	Tbs	Orange Peel, fresh, grated
11 1/2	Tbs	Mustard, yellow, prep
12 1/2	lb	Chicken, broiler/fryer, breast, w/skin, rstd

Nutrients per serving

Nutrition Facts		
Serving Size (106g)		
Servings Per Container		
Amount Per Serving		
Calories 190	Calories from Fat 60	
		% Daily Value*
Total Fat 7g		11%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 75mg		25%
Sodium 230mg		10%
Total Carbohydrate 5g		2%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 27g		
Vitamin A 2%	Vitamin C 4%	
Calcium 2%	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

* Buy chicken in 3 1/2 to 4 oz portions raw = ~3 oz portion cooked EP

* Use La Choy light soy sauce (in analysis) or Kikkoman light soy sauce (adds 15 more mg sodium/serving). Either are fine.

* May substitute dried orange peel for fresh grated orange peel.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at internal temperature above 140 degrees F.

THE DAY BEFORE SERVING: Mix together all ingredients except for meat. Pour part of marinade in bottom of pan and then place layer of meat on marinate. Pour marinate on top of each piece. Cover and refrigerate. In the a.m. turn pieces being sure marinate has a chance to soak into all parts of the meat.

OR, for smaller yields, add meat to marinade which has been mixed in a 1 or 2 gallon zip lock bag. Zip shut and rotate meat within the bag to be sure all surfaces are marinated. Refrigerate overnight. If in bags, turn bags over in the a.m. so marinade soaks into the other side of the meat more. Place meat on sprayed baking pans.

Bake in 325 degree oven for 30 minutes, layer cooked meat in steamtable pans adding 1/2 c -1c of water per pan to keep the meat moist. Cover steam table pan(s) with foil. Place in 325 degree oven for another 30 minutes until tender. Transfer to steamtable and serve.

1 serving = 1 breast = protein and 5 grams carbohydrate = 0 Carb Servings